



# Grizzly

Spring 2001

Let us entertain you  
with the latest hot  
spots

Learn how to  
analyze your  
handwriting  
and dreams

How do you  
get ready in  
the morning  
compared to  
the rest of  
us? And what  
fashion  
brands are  
you turning  
to?

See what Bear Hunt  
is all about



# Spring Break

It's that time again... what to do for spring break? Most want to get as far away as possible. The rest either have no money or are not adventurous people. In order to help you, here are some ideas to keep in mind.

## What are you doing?

Many students have planned for months for spring break while others are flying by the seat of their pants. Here are what a few of your fellow classmates are doing for spring break.

*"I'm going to Cancun with my brother and some high school friends."*

**Haysville sophomore  
Dylon Storey**

*"I'm recording two songs, going camping and going to Padre."*

**Danial Porter  
El Dorado sophomore**

*"Going home to Overland Park and working at Structure."*

**Shawn Wittkoph  
Gardner freshman**

*"Going car shopping."*

**Katy Mitchell  
El Dorado freshman**

## Low budget

So, it's about time to think of your plans for the break. You are in panic mode because funds are low and your last paycheck didn't quite cut it. We decided to help you out and give you a few ideas to keep you from dying of boredom.

- Make dinner for your friends.
- Go to a concert.
- Go clubbing.
- Take swing dance lessons.
- Go camping.

● Super clean your room. Chances are you will find that pair of shorts you have been looking for since you bought them. Don't forget under the bed, in the closet, in the desk, vacuum and dust.

- Catch up on e-mail.
- Have a girls' night out or a boys' night out.
- Go see some relatives. They will most likely feed you and let you stay at their house.
- Take up Tae Kwon Do.

## Mucho bucks to spend

All right. Your parents have a bottomless account at the bank and have told you that you can go anywhere you want for spring break. Awesome! An all-expense paid for trip. But one question... where to go? Either go overboard and head to the Bahamas or save a little and go to the spring break capital of the world, Florida. Can't decide? How about some ideas?

- Go skiing in Colorado.
- Visit the Mall of America.
- Go whitewater rafting.
- Party central in Florida. You can

even get in touch with your childish side and visit Disneyworld while you're at it.

- Fly out to New York and do some real shopping and make sure to stop at some of those famous coffee shops while there.
- Travel to the West coast and take surfing lessons.
- Take a cruise.
- Rent a nice fast car and take a road trip across the United States.
- Travel to Hawaii and chill out at a luau.



# SPRING '01

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## ***On the cover.....***

High school students attend Bear Hunt during the months of November and March. While at Bear Hunt incoming students tour the campus and are educated about the programs Butler provides.

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Letters to the Editor encouraged



*Athletic trainers are poised on the sidelines in case they are needed.*

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"NOVEMBER'S BEAR HUNT WAS PUT IN PLACE TO TRY TO REACH MORE SENIORS AND THEIR PARENTS BEFORE THEY DECIDE WHERE TO GO TO COLLEGE, SINCE MANY ARE DECIDING EARLY," SAYS DIRECTOR OF ENROLLMENT MANAGEMENT PAUL KYLE.

Story by Brenda Kimmi Photos by Darren Greiving



# H U N T I N '

Bear Hunt is Butler's open house where many activities are planned for high school students and others wanting to come and find out about the school. This year they have planned two open houses. One was on Nov. 11, and there will be another one on March 31. This is the first year that they are having two Bear Hunts.

"November's Bear Hunt was put in place to try to reach more seniors and their parents before they

decide where to go to college, since many are deciding early," says director of enrollment management Paul Kyle.

The day's activities include potential students talking with deans and advisers, "campus tours," information booths and door prizes and a performance by The Smorgaschords at lunch.

Bear Hunt was started approximately five years ago. Director of Admissions Neil Holting and Kyle came



**Right:** Future students seek information about the variety of programs Butler offers.

**Below:** Vice President, Student Services Bill Rinkenbaugh speaks to incoming freshmen as well as future Butler students.



#### March's Butler Open House Schedule

- 9:30 a.m. Bear Hunt Registration
- 10-Noon T-95 Remote
- 10:00 Welcome/Introductions
- 10:30-11:15 Parents' Forum
- 10:30-Noon Academic Fair
- 11:15 Campus Tours
- Noon-1:00 Lunch and Door Prizes
- 1:00 Final Tour

\*\*\*Times/Activities subject to change\*\*\*

# SEASON

up with the idea for Bear Hunt.

"There was already senior day, but we thought that more students and parents could come on a Saturday than a weekday," says Kyle.

There were 270 who attended Bear Hunt last year. One-hundred to 200 were expected for the November Bear Hunt. Even more are expected for March.

"Encourage students and parents to come and

join in on the fun," says Kyle.

The open houses have been very successful. Surveys are mailed out to give those attending a chance to tell what they thought and to give suggestions for the next Bear Hunt.

"So far there have been no bad comments," said Chad Steinkamp, admissions.

Registration is required to attend Bear Hunt.



Story by Jason Massingill Photos by Darren Greiving



*Above: Rex Harris sets up a camera shot. He has filmed many programs while working at BCTV.*

instructor to go over material.

BCTV also produces weekly shows. "The Coaches' Show" is a weekly program that gives the coaches a chance to talk about past and upcoming games. They also produce a show called "In Focus." "In Focus" is a weekly show that

BCTV is Butler County Community College's cable TV station. A part of the Media Resource Center, it has many projects they film for the college and surrounding communities. They also have weekly programming that features much of the work they have done throughout the years.

BCTV started in the mid-1980s as a delivery system for Butler. Its main purpose was and is to play telecourse programs for people who wanted to take their courses over television at home. These courses then meet once every so many weeks with an

gives clients and people around the community a chance to talk about their upcoming events.

BCTV has also done many documentaries. BCTV has just recently made a documentary of Dreamworks coming to El Dorado to promote their movie "The Road to El Dorado."

Renato Sobreviñas, who is the director and producer of BCTV, has traveled to places like Mexico and the Philippines. Renato said, "I made a documentary called 'Grateful Dancers,' which I filmed in Mexico on my vacation." In 1993 BCTV made documentaries and commercials to help save the

Renato said,  
"I made a  
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called  
'Grateful  
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my vacation."





**Left:** Haysville sophomore Rex Harris gets tape ready for next program. Harris' major is Mass Communications.

**Below:** Harris writes the name of the program on the preview screen. Harris has been employed at BCTV for two years.



historic depot in downtown El Dorado. They also promoted the renovation of the El Dorado Middle School auditorium.

BCTV also employs college students to help with filming and playback. Playback is the system which puts the programs out into the cable station channel 43. Renato said, "It gives the students a chance to get the experience in communications and to help them learn the real life work

skills they need."

BCTV also does live broadcasts. They film the candidates' forum, which takes place at Butler. It gives the community a chance to get to know the candidates running for office in Butler County.

BCTV also did a special broadcast to help promote the artwork of a lady called Grandma Layton. This is a woman that started doing art after her kids had

grown up. They have also produced many series for the college. For example, they have produced a series on English grammar which the college uses. They have also made a 14 tape series on the fire science program.

BCTV is run through Cox Cable on channel 43, The Learning Channel. It runs from 5 p.m. to around 9 p.m. Monday through Thursday. It is available in the fall and spring semesters at Butler.



In the whirlwind of new digital technology, there are still some that like to be left in the dark, such as the members of Butler's photography classes. In the midst of the darkroom in the 100 building there are reels, canisters, chemicals, dryers and enlargers all to aid in 'light writing'

many works of art. Like the early photographers, Boyle, Daguerre and Niépce, these students are learning that photography is a combination of two processes: optical and chemical. These students are not only in the dark, but they also start out with 'negative attitudes.' You might say

learning to turn a negative into a positive is one of their strong points.

Mr. Terry Kalp and Mr. Michael Swan head up this underground army of light

# Left in

painters. They challenge students with a variety of experiences.

and white film and darkroom techniques. Although that may

seem restrictive, there are a wide variety of approaches to be explored and a never-ending possibility of photos to take.



*Wichita sophomore Brenda Kimmi is developing a photo using the three step tray developing process. Kimmi was a Photography II student in the fall*



Photography I with Mr. Swan includes news, sports, portrait and feature photos. A photo essay of six or more photos rounds out the final project for the class. This class deals primarily with black

Photography is an ongoing process of development. Students



# the Dark

Photos and Story by Azaria Garcia

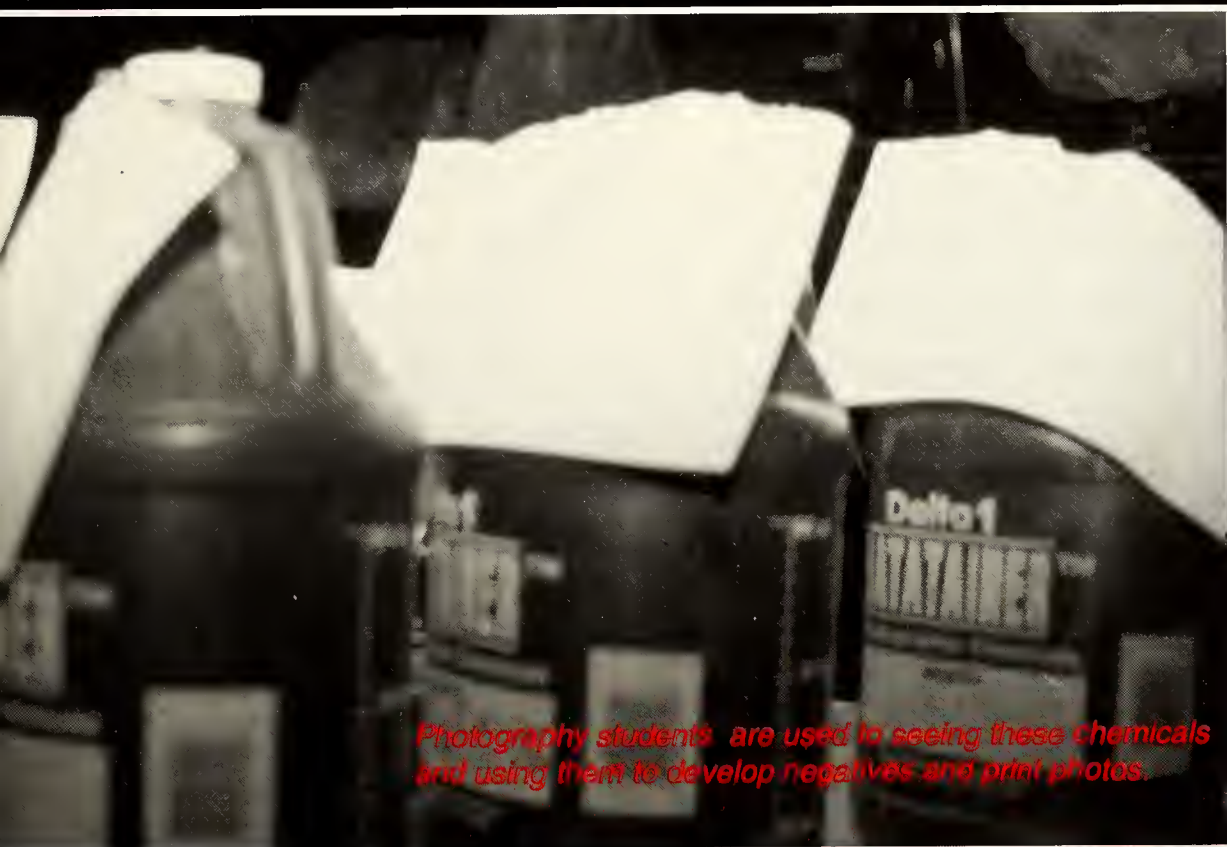
see a remarkable difference between their first photos and their final ones. Photography II with Mr. Kalp begins with candid portraits, then high contrast photos and a self portrait without a face. Classes also explore working with tone and color and lighting methods. While black and white is still a big part, Photography II students get to venture into color

assignments will comprise a personal portfolio due at the end of the semester.

Mr. Kalp challenges his students by stating that "The perfect picture has never been taken." Hearing this, students may strive for the best and try to accomplish something 'picture perfect.' One of the main ingredients for perfection is

imagination and creativity are great tools to use. You can learn to express yourself and ideas without words. As you expand your world, you begin to look at things with different perspectives just as in the viewfinder on your camera.

So if you're looking for a class to take that is fun, if you're looking at exploring new possibilities, if you're looking for a new hobby or even to start a new career, Photography I and II may fit into your schedule. There's always something new and exciting to learn. Photography attracts people on all different levels of experience. Some have a great knowledge, while others fumble loading their first reel of film. Wherever you find yourself, the staff and students at Butler are very helpful in assisting you in making the best out of a dark situation.



*Photography students are used to seeing these chemicals and using them to develop negatives and print photos.*

photography and develop special techniques. All of these

practice; being adventurous may be another. In these classes



# The Trainer

College sports give students the opportunity to get discovered at games and practices, to go to other schools and hopefully pursue their dreams of being a great athletic player in a sport they love to play. But what happens if they are injured or benched, and miss their chance of being discovered or recognized? Here at Butler there is a program designed to help prevent an athlete's opportunity from passing them by, while students get hands on training, which is called athletic training.

There are 11 student athletic trainers (SAT's) studying this year at Butler. Each trainer is assigned to one or several sports, and attends practices and games to assist in taking care of the players. They are also in the training room located in the lower level of the 500 building, available to all athletes from 8 a.m. to 6 p.m. Monday through Friday and Saturdays and Sundays during scheduled practices.

Wichita sophomore Katrina Jackson said, "I come in everyday about 2:30 to get my knees warmed up for softball practice."

Treatments offered every day in the training room include: Ultra sound, heat pack, muscle stem, whirlpool, ice massage, pressure points, stretching and taping.

Dodge City freshman trainer Lisa Schneweis said, "It's like a nurses' station... a chiropractor comes in every Tuesday and a doctor every Wednesday, to treat the players for free."

Todd Carter, "TC," head ATC (athletic trainer certified) said, "We see 75-100 athletes a day, who come down to get some form of treatment."

The trainers say every day is a learning process. It takes practice to be good at what you do.

Wichita freshman trainer Erin Gunter said, "Being a trainer is a lot of hard work and takes dedication. You have to give up a

lot of your free time to take care of others."

Most trainers are taking 15 credit hours, putting in shifts in the training room and going to the games on weekdays and weekends.

Bixby, Okla. freshman trainer Amy Breeding said, "When I get out of the training room I am pretty tired, but I have to stay up to study and do my homework, but sometimes I fall asleep and don't get my work done."

Most trainers said they didn't think that being a trainer and putting in so many hours affected their grades at all.

Gunter said, "You just need to have the motivation to do your school work when you have spare time."

The football season is the hardest for all the trainers. There are about seven trainers who are at every football game taking care of the players. The trainers keep them watered, bandaged, taken care of,

## "It's like a



# Within

Story and photo by  
Amanda Lene



Freshman trainer Lisa Schneweis of Dodge City wraps recent graduate Corey "Red" Williams' wrist before football practice in the training room located in the lower level of the 500 building. The training room is open to athletes Monday through Friday 8 a.m. to 6 p.m. and during scheduled practices during the weekends.

and back on the field.

TC said, "They are doing an awesome job; it takes a lot of dedication to come out and do this every day... the players appreciate them very much."

Kansas City, Mo. freshman Tamika Lomax said, "They do a very good job. They sit with me during treatment and motivate me before basketball practice or a game. I can see that they really are concerned about us athletes and want us to recover. I am very thankful and appreciative of that."

Wichita sophomore Jason

Blevins, a tight end, said, "I have been in and out of the training room all year with injuries and the trainers are very helpful and knowledgeable. They help me recover and tell me what I need to do to stay on the field."

TC said, "Their reward is the satisfaction of knowing that they are helping others and making them healthy."

All the trainers are planning on getting certified as an athletic trainer, but each of them have their

own plans on how they are going to use their certification in the future. Some want to be a teacher, trainer or coach for a high school. Others want to work in the medical field and be a doctor, physical therapist or an orthopedic surgeon.

To get certified as an athletic trainer they have to have a certain amount of hours as a student athletic trainer and take a national test from an accredited school such as Emporia State. TC has been an ATC for 14 years and he said the test is very difficult. Statistics say about 45 percent fail their first time. The students are allowed to take the test as many times as it takes to pass it, but they have to wait three months before they can take it again. Plus, the cost of the test is very expensive. Each time you take the test it will cost you about \$300-400. This is discouraging to some students, but for those with the determination it is just one more bar to hurdle.

## urses' station..." said Schneweis





*Computer Advertising Design class.*

**"Students are not going to jump on the computers for the first two weeks, but by the end of the semester they will have created a portfolio of promotional materials," Belt says.**

# Design Basics

Story by DeAnn Solt Photos by Darren Greiving

The Hollywood film industry uses it, Universal Studios and Disney use it, and the advertising industry uses it in Dodge and M&M commercials. This mystery product is the computer program Light Wave 6.5, a computer program that specializes in 3D-computer animation.

The main goal of the Computer Animation I class is to become familiar with the software so students can create a portfolio of

their own animations. They should have an understanding of what it takes to get into a career that utilizes the large demand for animators.

"The 3D classes are software driven courses," Kevin Belt, computer marketing instructor, says. "There is a lot to learn, but if that is the field you want to enter, it's an excellent class to get your feet wet."

Another class offered is the Computer Advertising Design class. It teaches the program CorelDraw9. This class teaches the basic design principles and techniques needed to create quality print promotions.

"Students are not going to jump on the computers for the first two weeks, but by the end of the semester they will have created a

portfolio of promotional materials," Belt says.

The main goal of the Computer Advertising Design class is learn how to use any software to design an ad that will reach the intended audience.

"I hope students will come away with solid advertising techniques they can use with other software when designing print advertisements in Computer Advertising Design course," Belt says.

Computer Advertising Design has been offered at Butler County Community College for about 12 years. However, last fall was the first time that the Computer Animation classes were offered.

Benefits from these classes can be seen in such careers as





*Left: Helping Augusta auditing student Barbara Kramer, Kevin Belt demonstrates a feature on CorelDraw9.*



*Bottom: Projection screens help show students how to use the animation programs Butler has available.*

can be seen in such careers as television animation, commercial design, special effects, video creation, amusement ride design, crime scene reenactments, flight simulators, graphic design and web page design.

Drafting students may also be interested in the 3D Animation classes since it is a Computer Aided Drafting related program.

Other students who may find these classes beneficial would be broadcast journalists because they would be able to create flying logos or word art and they would learn special effects.

Computer Advertising Design is offered in the spring, usually on Tuesdays and Thursdays. The Computer Animation classes are offered each

semester in El Dorado.

One class that is similar to Computer Advertising Design is offered by the art department. It is a course in Graphic Design. Instead of using CorelDraw9, they use Adobe PhotoShop, which is similar. However, Adobe packages their programs separately where Corel puts them all in one program.

After completing Computer Animation I, students can move on to Computer Animation II, where they will learn more special effects

for movies and create their own animations.

Students should have basic computer knowledge when they enter either one of these classes.

"The most difficult part of Computer Advertising Design is deciding what you want to advertise and being creative enough to put together graphics and body copy that appeals to your target market," Belt says. "The most difficult part of the 3D classes would be learning some of the different tools."



**Left:** Jerry Garcia explains to roommate John Douglas, Berryton sophomore, how to solve a computer problem.

**Far Right:** If residents get locked out of their house they can go to their CF to get let back in.

**Bottom Right:** Following up on his CFs, Dan McFadden listens to Mike Farnsworth on how to improve dorm life.



# Community Facilitators

Story by: Pamela Bearth Photos by: Darren Greiving

Students who were formerly known as resident ambassadors, resident assistants, resident advisors or resident aides are now changing their name to community facilitators (CF). No matter what these students are called they contribute a helping hand to the housing director, Mr. Dan McFadden.

Having a total of 387 residents living on campus, housing is a huge opportunity for students to get to know one another. There is one CF per hallway and if any resident loses their key or gets locked out, they can come to them to get back in, even if it is 2 a.m.

*"I have had to be careful on what I say and do now because the residents see me as their example," says Jerry Garcia, Johnson sophomore*

Their job consists of many floor and recreational room responsibilities. Facilitators must be honest, trustworthy, abide and enforce all policies and get acquainted with all residents in their area. Acting sometimes as a counselor, they must be able to listen to the residents' problems and complaints. They must always show examples of good leadership and responsibilities within all areas of campus.

Their main job is to report any problems that may occur and to oversee the appearance of the halls. CFs also make sure the recreational room is opened and closed on time,



and that there is no damage done.

The facilitators act as a link between the residents of the dorm and Director McFadden. "If a resident has a problem and they don't want to come talk to me about it they can inform their CF of the problem then they can bring it to my attention," says Director McFadden.

Johnson sophomore Jerry Garcia says, "I have had to be careful on what I say and do now because the residents see me as their example."

Are you males discouraged about not having one of the four 8-plexes? At the moment, only females are roomed in the four 8-plex buildings and the board is now thinking of giving at least two to male residents starting as early as next May. (This may vary depending on how many males sign up.)

"Being a community facilitator takes a lot of time and dedication, so make sure it is what you want to do," says new member Olathe freshman Mike Farnsworth.

Director McFadden will be leaving the Butler



family after 11 years. He will be retiring this next semester.

If you would like any information on becoming a community facilitator, then contact Mr. Dan McFadden in his office at ext. 295 or in the east dorm room office. CFs will be picked over spring break so get your application in now if you're interested.



# What's in your closet?

## Student confessions of fashion

Do you know if you are a closet pack-rat and just haven't realized it yet? Here a few clues that suggest it's past time you cleaned out some of the "junk" in your closet that you still claim as clothes.

1. You have clothes from the 6th grade even though that was seven years ago. You keep telling yourself that red Michael Jackson jacket will come back in style any day now.

2. People often ask you if you are dressing up for a play or costume party.

3. Every morning before going to school, your roommate yells at you for not being ready even though you got dressed for a whole five minutes.

4. When you go shopping, department stores put up their "out for lunch" signs but you can see a few customers shopping inside.

If you answered yes to any one of these questions it's past time you cleaned out your closet. And even though it is great to have a lot of clothes, it's senseless to have clothes that take up space.

Cheney Sophomore Laura Atwater says, "No way do I get rid of any of my clothes. You never know what will come back in style."







## Story by Christy Sherdon Photos by Darren Greiving

But having a lot of clothes to pick from and having a lot of junk to select from is different. It is true that most styles do come back at least once but they come back with a different edge for that time. Seventies clothes have made a comeback but they're blended with the trends we wear today.

Perhaps you are one of those students that wear whatever "catches your eye" or anything that is clean.

"I just pick things and hope they match...It's like a slot machine," says El Dorado freshman Jon Pic.

Sometimes, though, you have to wear a certain outfit to class like

wind pants and tennis shoes because you may have a p.e. or dance class next and you wouldn't have time to change. In this case it's okay to sport caps to class but don't make it an everyday habit.

Oskaloosa sophomore Lindsay Doll says, "I pick what to wear based on if I have time to change before work, and also on how much time I have to get ready."

Just know that people do notice that same red sweater you wore on Monday and now it is only Wednesday. And no one wants to sit by a human trash can, so wash your clothes. If you must wear that same sweater again, at least let more than one day pass by. And don't try to turn it inside out either,

because you're not fooling anyone.

Try to think of ways to spruce up your wardrobe. Wear interesting things that no one else is but please try to stick to the same time zone. No one wants to see you in an outfit that should have been outlawed even in the 60s. And wearing shorts in the winter with sandals is just a plain no-no. Plus you might catch a cold and no one wants to catch your germs. Just try to always remember the one Golden Fashion Rule—you are what you wear.





## How does your closet describe your personality?

"My closet is very complex...just like me."

Wichita freshman Brandon Walters

"My closet doesn't show my personality."

Maize freshman Veronica White

"My closet is fairly unorganized...this pretty much describes my life; good, but basically unorganized."

Oskaloosa sophomore Lindsay Doll

"I have such an open mind that I think it shines through the clothes I wear. I'm always up for trying new things."

Derby freshman Jackie Montoya

"I love sports and you could tell with my closet."

Cheney sophomore Laura Atwater

"I'm sorry—I don't know."

Wichita freshman Rogie Dorpinghaus

"Messy and unorganized."

El Dorado freshman Jon Pic

"It's bright and colorful and expensive-just like me."

El Dorado freshman Kellen Huggins

## Some of your favorite clothes found in your closet:

"Some of my mom's old clothes from the 70s."

"...dark, comfortable, sporty clothes."

"I do enjoy GAP jeans and Abercrombie sweaters."

"...Express clothes and Mudd jeans."

"My yellow Jordan Hoody because it was expensive."

"My long sleeve Polo shirt because it was only \$11."

## Some name brands worn by students on campus:

Adidas

Mecca

Express

Abercrombie

Nautica

Blue Asphalt

Doc Martens

Sean John

And I

Nike

American Eagle

Gap

Tommy Hilfiger

Old Navy

Fubu

Enyce

Jordan Collection



## Places students shop at:

American Eagle, Express,  
Contempo Casual, Gap,  
Abercrombie, Victoria's  
Secret, Old Navy, Journeys,  
Thriftstores, Footlocker,  
Eastbay, Dillards

## Tips:

1. If you are a thin person you should try to stay away from baggy clothes because they make you look big.
2. If you are a big person, never wear tight clothes. Instead choose fitted clothes.

## Vogue

tongue rings, body piercing, baggy jeans for boys, flared jeans for girls, vintage clothes, 70s fashions, leather and suede, muscle shirts, faded jeans and jackets, corduroy, lots of rings, Doc Martens, Tommy, Fubu, boxer shorts for guys

## Vague

nose rings, tight jeans, flannels, Eastlands, Polo shirts, no jewelry, Guess

## Do you think Butler students are fashionable or fashionless?

"No clue. Whatsoever."

—El Dorado freshman Jon Pic

"I think most students are with the fashion world. We dress casually, compared to other campuses."

—Cheney sophomore Laura Atwater

"Butler students just need to take a huge field trip to E-Entertainment's Fashion Emergency but some will fit well when they scatter outside of Butler."

—Derby freshman Jackie Montoya

"I don't know what the dress code is but it is somewhere in the middle."

—Oskaloosa sophomore Lindsay Doll

"A lot of students don't care about fashion. They just wear what pleases them."

—Wichita freshman Brandon Walters

"All students at Butler are fashionable."

—El Dorado freshman Kellen Huggins

## Which celebrity style do you most take after?

Jennifer Lopez...you have streetwise glam.

Lenny Kravitz...you have a flossy-out-there kind of look and you're not out to impress anyone.

Gwen Stefani...you have a feminine alterna-punk look.

Mary J. Blige...you are full of style and trends and can never settle for one style.

Jennifer Aniston...you have that preppy, Ralph Lauren look.



# Are You Ready?

## Many students have a variety of ways to get themselves ready for class.

Butler is an institution for learning, not a fashion designing school. But that doesn't mean you roll out of bed, put on some sweats that are laying on the floor, and go to class. You want to look clean and decent so that others won't think you don't have good hygiene. A few students around campus were asked what they did to get ready for class in the morning and how long it took them.

Tennessee freshman Nick Hampton says, "I wake up in the morning and take a shower. After I'm done taking a shower, I put some baby oil on, clean out my ears, and brush my teeth. Then I pick out my clothes, iron them if I need to, put deodorant on, look in the mirror and out the door."

Another male student that takes time to prepare himself is Kansas City sophomore Greg Collins. He takes showers at night because he says it saves him time in the morning. Collins wakes up about 7:25 a.m. and it takes him 30 minutes to prepare himself for class. Collins says, "The hardest part in the morning is waking up. I hit the snooze button a couple of times before I get up." After he does get up he brushes his teeth, washes his face, brushes his hair, and puts his clothes on. His mom taught him how



*Norwich  
freshman Erika  
Dick applies  
lipstick as she  
prepares herself  
for school.*

to iron his clothes his freshman year of high school so she wouldn't have to do it anymore.

Now let's take a woman's view on how long it takes them to look pretty.

Eureka sophomore Jaime Gritz says it takes her an hour and a half to beautify herself. First she takes a 20-30 minute shower. Her roommate doesn't mind because she wakes up after Gritz does. After her shower she eats Lucky Charms cereal for breakfast.





*Wichita freshman Fasheed Berry puts on shaving cream before he gets ready to spruce up.*

**Story by  
Francesca  
Chilargi**

**Photos by  
Darren  
Greiving**

Then she curls her hair and puts on her makeup. It takes her 20 minutes to apply her cosmetics. First, she applies her eye makeup, which includes eye shadow, eyeliner and mascara. Next, she applies her lipstick on but not any foundation or eye concealer. Her next step is to find out what is going to wear so she takes another 20 minutes to pick out her wardrobe. She irons her clothes if needed, and her mom taught her how to iron at the age of 15.

Not every woman takes an hour to primp herself; some women can be ready in half an hour.

Eureka freshman Laura Escareno says it takes her 30 minutes to become ready. She goes straight to the bathroom and brushes her teeth and hair. She takes showers at night to save some time in the morning. Then she puts her hair up in a ponytail and gets dressed. Also, Escareno dresses casually. She doesn't wear any makeup or curl her hair either, which saves her time in the morning.

There is one aspect common among everyone; we all take showers.



*Wichita sophomore Tony Katzenmeier fixes his hair before he heads out to class.*



Have you ever wondered about your handwriting? Have you ever thought that it might mean something? Or have you ever wondered if it could show what type of person you are?

Welcome to graphology. Graphology is the psychology of handwriting. It draws conclusions from the handwriting about the

instances, it is used for job positions.

Many questions come to play when analyzing graphology. Here are a few questions and some answers.\* \*

Q. Does it matter if the writer is right or left handed?

A. No. There should not be any effect on the analysis.

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# Analyze

## this

by Rachel Julius

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personality of the writer.\*

It developed about 100 years ago in Europe and is widespread throughout the European countries. Before World War II, Ludwig Klages began the development of graphology. In the past 30 years, graphology increased on the depth of psychology findings.

Graphology is used for several purposes. It is used for marriage compatibility, retirement, career guidance, child development and to view personality types. In some

Q. Does age and gender matter?

A. Age and gender are only used for records and are used for future research. Graphology does not determine a person's age, gender or handedness.

Q. Is it possible to change handwriting from illegible to legible?

A. Changing your handwriting so it is legible shows you would like to make an effort to communicate. It can also be interpreted as wanting to conform. Or it could be looked at as a loss

of originality.

Handwriting is also like our facial expressions, speech and actions. Someone who has illegible handwriting but changes it when he/she knows that someone of importance will be reading is almost like going from a messy house to super cleaning it when parents are visiting. A person that shows friendly traits in his/her writing is like a person with a constant smile on their face.

"If you are a sloppy person it shows in your handwriting that you are not very organized," said Topeka sophomore Laura Blankenship.

"When I'm mad I start to press down harder, but when I'm in a good mood my handwriting is more flowing," said Augusta sophomore Josh Primm.

A person that has a spontaneous sample of handwriting is unaware of his/her writing which comes from the subconscious, thus revealing his/her character.

The change in writing made from early school years that creates the individuality is not considered when analyzing



handwriting.

Q. Can I fool the graphologist by forging my handwriting?

A. By forging your handwriting, you are going up against your own stamina. Sometimes we change the style of writing to please the reader. Such kind is called pseudo forgery.

Q. Can you tell anything about a person by their signature?

A. No. It is not the best way to analyze a personality.

Q. Why?

A. The signature is usually illegible and different from normal handwriting. And the signature does not give enough letters to help the graphologist to analyze.

Now about handwriting and your personality. For instance, say you have small writing that is unadorned, straight up and down with few connections. That would make you precise, able to concentrate, efficient and clear thinking. Your head rules over your heart and is factual.

"My handwriting is very straightforward, almost military style. I try to keep it the same with few mistakes as possible," said Primm.

# Your Writing

Topeka sophomore Laura Blankenship had a handwriting analysis done before.

"I did it to see what job to go into and what my personality is like," Blankenship said.

To submit her analysis she had to copy a paragraph in cursive on half a sheet of paper and send it in.

"The analysis was determined by slant, size and the way you write your e. By that my results showed I'm more of a passive and laidback person," Blankenship said.

No matter what race, gender or age you are, your personality will show through your handwriting.

To see what type of person you are and your personality, check out the side bar on the right.

Some information from:  
\*[www.graphologie.de/uk\\_index.htm](http://www.graphologie.de/uk_index.htm)  
\*\*[www.graphology.com](http://www.graphology.com)

## SIZE

**Large:** bold, action-oriented and sometimes egocentric  
**Medium:** adaptable and practical  
**Small:** precise and able to concentrate

## Adornment

**Unadorned:** efficient and clear thinking  
**Adorned:** need help making decisions and always tangled up in details

## Slant

**Right:** need frequent reassurance  
**Left:** independent  
**Straight:** head rules over heart

## Connections

**Mostly connected:** logical  
**Occasional breaks:** intuitive and flexible  
**Few connections:** factual

Ladies Home Journal 1999



# What is in

Technically speaking, a dream is mass hallucination. According to the website [library.thinkquest.com](http://library.thinkquest.com), a dream is a hallucination that is also a fantastical journey in our sleep that either relieves us of stress or tries to detract us from a certain habit or future happening (better known as a nightmare).

On average, we spend about one third of our lives sleeping. During a portion of that time, we are also dreaming. While asleep, we can gain rest and refreshment for our hard day of work. Essentially, dreams are our method of relaxing

and letting our minds drift away into a distant world. While dreaming, we can interact with various people, places or things.

When we think about

dreams we must wonder why they occur. There are several explanations for this question. It is

awake, we are using our minds for various actions. When we are asleep, it is not as obvious how our minds are at work. To keep our minds active during sleep we must dream.

## Analyze This...

**Nakedness:** This can represent two things. The first is that the dreamer wants freedom and nothing else. The second thing is different. Almost everyone has the dream of being naked in a public place. That is this nakedness. This symbolizes the fear of being exposed or vulnerable. It is natural to feel ashamed.

**Chase:** If the dreamer is being chased, it means that the dreamer is running away from something he or she does not think is conquerable; if the dreamer is the one chasing, then the person is trying to attain a difficult goal.

[www.asdreams.org/commque.html](http://www.asdreams.org/commque.html)

### The Dreaming Process

There are four stages of sleep:

**Stage 1:** The first stage of sleep. It is a very light sleep. Stage one usually lasts just a few minutes. If the sleeper is not disturbed by anyone or thing, he or she will quickly journey into stage 2 sleep.

**Stage 2:** This is a much deeper sleep than stage 1. Dreams start to brew around stage 2. Although there are no clear images, vague thoughts and ideas drift through the sleeper's mind. If

a fact that we all must sleep. We constantly go through cycles of sleep and wakefulness. During each cycle, our minds must be active. Obviously when we are



# a Dream?

Story by Ashley McCullough

the sleeper remains undisturbed, he or she will drift off into stage 3.

**Stage 3:** A deeper sleep than stage 2. The sleeper's muscles are all relaxed by now, and his or her heart rate has slowed down. The sleeper's blood pressure is also falling. His or her breathing is steady and even. The sleeper is very difficult to wake now. Only two things can wake the sleeper now, a loud noise or a repetitious calling of the sleeper's name. Before long, the sleeper will venture into stage 4 sleep.

**Stage 4:** The deepest sleep of all. This is the time the dreams occur. The sleeper is almost impossible to wake now. If there is a loud noise or if the sleeper is shaken, it will take the sleeper a few seconds to wake up. Both the sleeper's blood pressure and heart rate fluctuate; the sleeper's brain heats up. Then comes the REM (or better known as rapid eye movement). If the sleeper is woken up during this

time, he or she will be able to remember a recent dream. The first REM period will last only about ten minutes. After that, the sleeper goes back into a deep stage 4 sleep. Again, the sleeper goes into an REM stage after a short period and cycles through REM and stage 4 until the sleeper is woken up.

(Taken from the website [www.library.thinkquest.org](http://www.library.thinkquest.org))

Because dream sleep is the unstable stage of sleep, due to all of the hallucinated activity that attends it, it is the time when we are most likely to spontaneously, or naturally, awaken. According to the "Dream Doctor" at [www.dreamdoctor.com](http://www.dreamdoctor.com), every morning, prior to our real or final awakening, we all awaken momentarily several times. Typically in a morning dream sleep period there are five or six of these tendencies toward waking. The dreamer may not even open his or

her eyes, but on an EEG these "micro awakenings" are readily apparent. This is why when we awake in the morning we frequently are able to recall a dream we just had. Our dreaming literally wakes us up. Because of the tendency to awaken from dream sleep, and because dream sleep always comes at the end of a 90 minute cycle, we tend to sleep in periods that are rough multiples of 90 minutes-most commonly four cycles, or 360 minutes (six hours), or five cycles, which is 450 minutes, or seven and a half hours. If you should awaken during the night and look at your clock, you will see that these 90 minute cycles do indeed define our sleep periods; our awakenings from sleep are almost always in multiples of 90 minutes.

You can often influence your dreams by giving yourself pre-sleep suggestions. Another method of influencing dreams is called lucid



dreaming, in which you are aware you are dreaming while still asleep and in the dream. Sometimes people experience this type of dreaming spontaneously. According to the Association for the study of Dreams (ASD), it is often possible to learn how to increase lucid dreaming, and thereby increase your capacity to affect the course of the dream events as they unfold. Some things are easier than others to control, and indeed complete control is probably never possible. Some professional dream workers question the advisability of trying to control the dream, and encourage learning to enjoy and understand it instead.

### **Interpretation**

While interpreting your dreams the most important thing to keep in mind is that your dreams reflect your own underlying thoughts and feelings, and that the people, actions, settings and emotions in your dreams are personal to you. ASD states some dream experts theorize that there are typical or archetypal dreams and dream elements that persist across different persons, cultures and times. Usually, however, the

same image or symbol will have different meanings for different people. For example, an elephant in a dream can mean one thing to a zoo keeper and something quite different to a child whose favorite toy is a stuffed elephant. Therefore books which give a specific meaning for a specific dream image or symbol, or 'dream dictionaries,' are not usually helpful. By thinking about what each dream element means to you or reminds you of, by looking for parallels between these associations and what is happening in your waking life, and by being patient and persistent you can learn to understand your dreams. It can be helpful to keep a dream diary and reflect on many dreams over a long period of time to get the truest picture of your unique dream life. There are many good books that can help you get started interpreting your dreams.

While there is a tendency for us to sleep in 90 minute cycles, that is, to awaken at their completion and thus from dream sleep, there are many variables: alarm clocks, children, roommates, dogs, cats, street noises and needing to go to the bathroom that

cause us to awaken from all of the various stages of sleep. What has been demonstrated is that if we awaken from dream sleep, we most likely will recall dreaming, whereas if we awaken from any stage other than dream sleep, we most likely will not recall a dream or, for that matter, having had any dreams during the night. Even when we do awaken directly from a dream, it can still be difficult to recall the dream in detail. Most dreams are lost by the time we get to the shower.

To improve your dream memory the ASD recommends before you fall asleep, remind yourself that you want to remember your dreams. Keep a paper and pen or tape recorder by your bedside. As you awaken, try to move as little as possible and try not to think right away about your upcoming day. Write down all of your dreams and images, as they can fade quickly if not recorded. Any distractions will cause the memory of your dream to fade. If you can't remember a full dream, record the last thing that was on your mind before awakening, even if you have only a vague memory of it.



# Commonly asked Questions

## **Are dreams in color?**

Most dreams are in color, although people may not be aware of it, either because they have difficulty remembering their dreams or because color is such a natural part of visual experience. People who are very aware of color while awake probably notice color more often in their dreams.

## **What does it mean when I have the same dream over and over?**

Recurrent dreams, which can continue for years, may be treated as any other dream. That is, one may look for parallels between the dream and the thoughts, feelings, behavior and motives of the dreamer. Understanding the meaning of the recurrent dream can sometimes help the dreamer resolve an issue that he or she has been struggling with for years.

## **Is it normal to have nightmares?**

Nightmares are very common among children and fairly common among adults. Often nightmares are caused by stress, traumatic experiences, emotional difficulties, drugs or medication or illness. However, some people have frequent nightmares that seem unrelated to their waking lives. Recent studies suggest that these people

tend to be more open, sensitive, trusting and emotional than average.

## **Is it true that if you dream that you die or that you hit bottom in a falling dream, you will in fact die in your sleep?**

No, these beliefs are not true. Many people have dreamed that they died or hit bottom in a fall and they have lived to tell the tale! You can explore the meaning of these kinds of images just as you would explore any others that might occur in your dreams. However, if any aspect of your dreams worries or distresses you, talk to a professional mental health practitioner about your concerns.

## **Can dreams predict the future?**

There are many examples of dreams that seem to predict future events. Some may be due to coincidence, faulty memory or an unconscious tying together of known information. A few laboratory studies have been conducted of predictive dreams, as well as clairvoyant and telepathic dreams, but the results were varied as these kinds of dreams are difficult to study in a laboratory setting.

[www.asdreams.org](http://www.asdreams.org)



# All I Want to Do is Have Some Fun

Story by Terretta Ann Bethel

What ever happened to good clean fun? Well, we lost it the second we were introduced to beads, braids, beer and drugs (I'm referring to the 1960s in case any of you weren't following). It seems like anymore, it's rare for someone to have a good time without partying and drinking, especially among college students. There's tons of excuses, too, "I don't have any time," "I don't have any money," and the most common amongst a thousand other lame excuses, "There's just nothing to do!" This particular frame of mind is most popular for those out-of-staters who come from big cities like Dallas, New Orleans and even New York City. Carlos Banks,

Dallas sophomore, says "It's too slow pace and old school up here. There is just nothing to do!" Well, think again you pessimistic people, because believe it or not, there is stuff to do, even for poor college students like yourselves (no offense, please!).

First off, there's the obvious: the movies. I for one never get bored going to a theatre and checking out the latest flicks, especially at Dickinson Theatres located right off K-96 on north Rock Road, where with a student or military I.D., evening shows are only \$5. Wichita also has other various movie theatres including the Warren Theatre located at the corner of 21st and Ridge Rd. on

the west side. The Premier Palace Theatre located at the corner of

*The "Miniature Kansas" display at Exploration Place portrays Kansas life the way it was 40 years ago. Photo by Azaria Garcia.*



Kellogg and Greenwich has matinee shows for only \$4, evening



shows for only \$6, and on Friday and Saturday nights, midnight shows are reduced back to \$4. The Starlite Drive-In located at MacArthur and Hydraulic in Wichita and the Star-Vu Drive-In located at Towanda Ave. and Haverhill Rd. in El Dorado are also great ways to check out a movie at reasonable prices.

How about a good laugh? The Looney Bin Comedy Club located at the corner of 21st and

from ABC's *Grace Under Fire*). Other well-known comedians that have been featured at the Bin in the past include Todd Yohn and Diana Jordan. The club is open for business Wednesday through Sunday, shows are at 8 p.m. with an additional 10:30 p.m. show on the weekends, and doors open at

dears, learning can be fun, especially at Exploration Place. Located right by the Arkansas River in downtown Wichita at 300 North McLean Boulevard, not only does this adventure offer extraordinary resources for exploration, it also has a great view of the river and all the unique art

Photo by Azaria Garcia



Woodlawn is an ideal way to kick back, relax and have a good time.

J u s t

recently, the club featured Dave Coulier (Joey from ABC's *Full House*) and Brett Butler (Grace

7 p.m. Special ticket prices do apply depending on the guest, and discounts are awarded with either a student or military I.D. If this sounds like something that might tickle your fancy, go ahead, take the plunge, call (316) 618-HAHA, and most importantly, "Tip your waiter!"

Let's go scientific! Yes, my

Wichita has to offer that is often forgotten about. Open Tuesday through Friday from 10 a.m. to 5 p.m., Exploration Place is an ideal field trip for many local schools. The fun doesn't stop with students, though. There are four thematic exhibits targeted specifically for toddlers, one for students ranging from kindergarten all the way





through college, and even more complex exhibits, such as what causes food poisoning and how to build and fly an airplane. There is

*Crown Uptown Professional Dinner Theatre is entertainment for those who enjoy live theater while eating buffet style. Photo by Terretta Ann Bethel.*

even a miniature exhibit model of Kansas how it was 40 years ago. Exploration Place is also the home for KSN's weather lab. I can't forget about those awesome massaging chairs! These reclining,

be pampered at no extra charge!) For prices and more information call (316) 263-3423.

How about a somewhat classy way to have some fun? Oh yeah, we're poor, I forgot. So maybe just a bit more formal way to have fun. Seriously, think about the Crown Uptown located at East Douglas just off Hillside. This is a professional dinner theatre that offers fun, food and fabulous entertainment. This last winter, Uptown's feature show was a country musical comedy entitled "Honky Tonk Angels," which ran



Leather, massaging machines are the perfect way to wind down after touching the

man-made tornado. (A.k.a., this means a comfy place for lazy people to sit back, squeeze in a quick snooze, try not to drool and



from Dec. 29-Feb. 18. This spring look for the Broadway hit musical "West Side Story." It will run for two months from Feb. 22-April 22.



For early summer, Rodgers & Hammerstein's "The Sound of Music" will run from April 26-June 17. Ticket prices include a buffet dinner and live show. For more information on tickets and show times call (316) 681-1566. The prices are a bit more steep, okay a lot more steep (\$22.19 minimum cost), but for a once in a great while change from the same old routine, it's worth it.

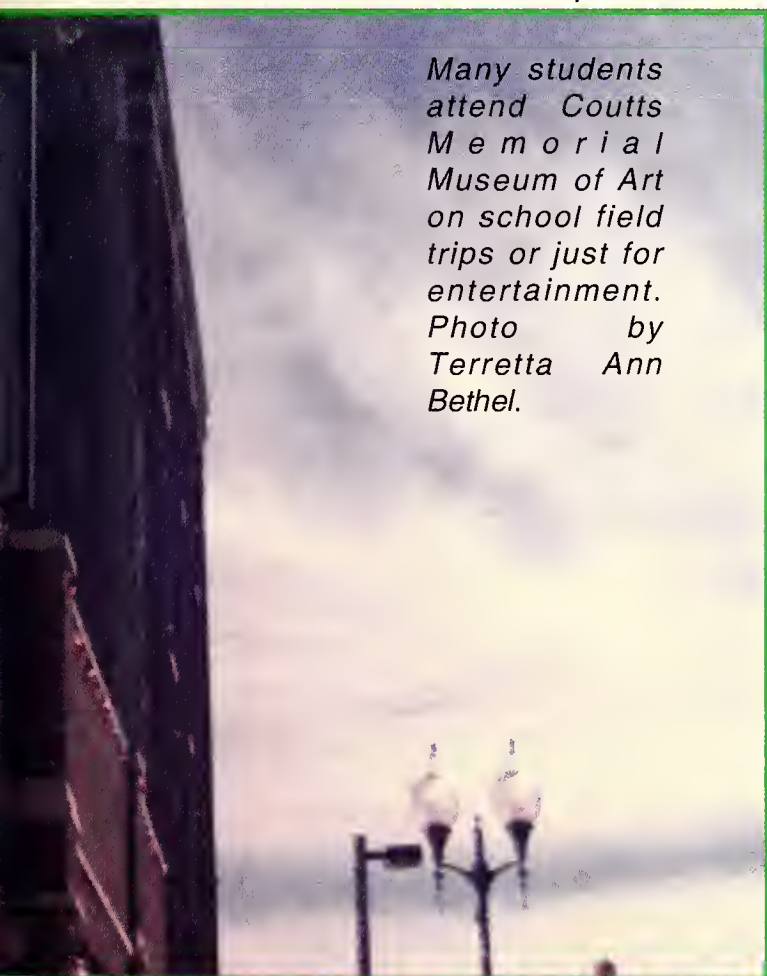
With weather warming up, the list of things to do is only going to grow. All Star Sports, an indoor/outdoor sports

driving range, go-carts, batting cages and two challenging outdoor miniature golf courses. Another way to enjoy the outdoors is the Sedgwick County Zoo right on Zoo Boulevard off Interstate 235. This zoo is ranked among the best zoos in the world and is open 364 days of the year. Business hours are 10 a.m.-5 p.m. Oct. 30, 2000-Mar. 30, 2001, and 9 a.m.-5 p.m. Mar. 31, 2001-Oct. 28, 2001. Admission is \$7.50 for adults (ages 12 and older), \$6.50 for senior citizens (ages 62 and older), \$4.50 for ages 4-11 and children 3 years and younger are free of charge. For more information call the zoo at (316) 942-2213.

As for a little bit more local fun, El Dorado does, yes I said does, have a few things to check out. Take for instance Coutts Memorial Museum of Art at the corner of Main and Central. The museum is open Monday, Wednesday and Friday from 1-5 p.m. and Tuesday and Thursday from 9 a.m. to noon. To top this great idea off, admission is free of charge, so no excuses all you excessive-excuse-making-tight-wads! There is El Bowl Family Fun Center located on

south Haverhill Rd. and El Dorado Rollerena on West Central. El Dorado is no longer a stranger to live entertainment. On Feb. 24, the old Hot Rod Cafe on south Main was opened to the public as the new El Dorado Dinner Theatre. It may not be Broadway, but it certainly is something interesting and entertaining that everyone should try out!

See Carlos, there are things to do, even in Kansas! Wichita and El Dorado may not be Dallas, New Orleans or New York City, but now that you have some new ideas to break away from the same old routine, I really hope that the next time I ask someone what they do for fun, they'll tell me something new! Oh yeah, there was one other excuse that people tend to lean on to get out of looking for something fun to do, "Wichita is just too far." Come on people, it's a 30 minute drive! You're probably caught in traffic going absolutely nowhere in the big cities for more than that, so buck up trooper, suck it up soldier, get off your lazy—oh sorry. Anyway, just have some fun, it's waiting on you!



*Many students attend Coutts Memorial Museum of Art on school field trips or just for entertainment.  
Photo by Terretta Ann Bethel.*

entertainment facility, is located right down the street from the Warren Theatre. It is equipped with an arcade, a pool room, golf





Photo by Terretta Ann Beth

# For the Final Issue...

**Baseball**

**Tennis**

**Softball**

**Computer Aided Drafting**

**Bull Riding**

**Drag Racing**

**Life of the Lantern**

**Dance Class**

**Weddings**